

## Ancestral Healing

### Working with Well Ancestors

A well ancestor is someone in your family lineage who has crossed over to the other side, but still works with you as a spirit guide. This ancestor has no ulterior motives or agendas other than shared spiritual growth and ascension. This person has received the appropriate treatment after crossing over and wishes to help you. We honor and appreciate the well ancestors. This person may just have a quick message of wisdom or stay by your side.



Photo by @michellea\_perez

## **Ways to Create Reciprocity with the Ancestors:**

**\*Connect with your ancestors through daily prayer and meditation with journaling, music, song, storytelling, art, ceremony and ritual.**

**\*Research your family lineage.**

**\*Dedicate a crystal to your ancestors.**

**\*Place photos of your ancestors on your altar. Even if you didn't know them, ancestors appreciate the effort to connect with honor and respect.**

**\*Connect by cooking a cultural meal from your heritage. Cookbooks from your loved ones can serve as a bridge to connect with the ancestors through the healing power of food. If you can find old recipes from your grandparents, this is an alchemical way to connect. Set a place at the dinner table to honor your loved ones on the other side.**

**\*Place an offering to your ancestors on your altar. This could be flowers, fruit or food or something very personal and thoughtful.**

**\*Light a candle in honor of an ancestor or loved one you wish to connect with deeper. Include your ancestors in your time for creativity and energy healing work.**

**\*Write a letter to your ancestors. Pour your heart out to them and clarify your healing goals.**

**\*Seek out your family members who know stories about your ancestors and learn from the ones that are still on this side while you have them.**

### **A Note of Caution:**

There are some family members who have crossed over who have unfinished business here on this realm. Just like here on the earth plane, we have freedom of choice and free will on all levels of existence. Not everyone alive is required to be honorable and do their spiritual work, staying in integrity. This holds true on the non-physical planes, as well. Remember, just because someone has crossed over doesn't mean they have worked through their karma and healed their addictions, it simply means they are no longer in physical form. Please revisit the transcript for the interview with Dr. Manda Scott in Module 1 to learn more about safety when it comes to anyone who presents themselves to you as a "spirit guide". Be on the lookout for agendas, stay loving and present.



Expanding Sacred

